

Who Can I Contact?

During your self-isolation, it is important to take care of your wellbeing. The below contacts can help support your physical, mental, and social wellbeing through this difficult time

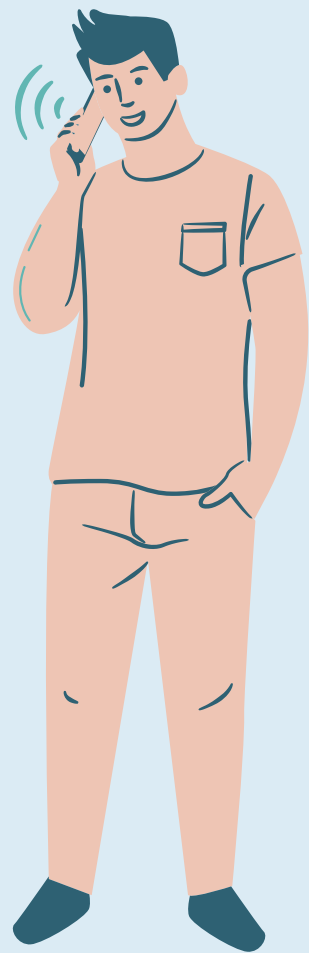
Physical Wellbeing

Food and Groceries

Supermarkets have delivery that can be organised through their websites

Coles online:
www.shop.coles.com.au/

Woolworths online:
www.woolworths.com.au/shop



Welfare / Hygiene Packs

Resilience NSW are offering Welfare/Hygiene packs for people in isolation considered close contacts.

Get in touch with Services NSW Disaster Assistance Line on **13 77 88**.



Home Work Outs

Check out Exercise Sports Science Australia:
www.exerciseright.com.au/homeworkouts/

And NSW Government:
www.healthyliving.nsw.gov.au/activity/workouts



Telehealth

Telehealth is offered by most general practitioners. Get in touch with your GP to find out if they can offer this service.



Domestic Violence Support

Call 1800 RESPECT (1800 737 732)

Relationships Australia for relationship support services for individuals, families and communities.

Medications and Prescriptions

Multiple pharmacies can organise home delivery of prescriptions through their websites.



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Mental and Social Wellbeing

TEN – The Essential Network for Health Professionals

A digital gateway developed by health professionals for health professionals as part of the Australian government's COVID-19 response. TEN connects frontline health workers with critical mental health and wellbeing services to better cope with the stress of the pandemic. It offers specialist, individualised mental health advice and triaged support.

Head to their website [here](#)

Emergency Services

If you experience thoughts of suicide or self-harm, please contact **Lifeline on 13 11 14** or the **NSW Mental Health Line on 1800 011 511**. These numbers are staffed 24/7 by trained mental health professionals who can support you through this difficult time.

If you feel that you are at serious risk of harming yourself or your life is in danger, please call the police immediately on **000**.

Sonder App

24/7 on demand wellbeing and mental health support available via telephone or chat via the **Sonder App**. This is a free confidential support service staffed 24 hours a day by health care professionals.

Download the app at: be.sonder.io/wellbeing-nsw-health and enter the code **HERE2HELP** for instant free access.



THIS WAY UP

Immediate access to proven strategies and techniques to help you to maintain your wellbeing during COVID-19.

Head to [COVID-19 Online Support and Resources](#).

You can also take our [Online Assessment](#) to find out where you are at, and what will help.



Head to Health Pop Up services

Head to Health Pop Up is for all people in NSW. It is for anyone of any age, including children, young people and older adults, whose mental health is suffering because of the current pandemic. This includes people experiencing addiction, families and carers.

Call on **1800 595 212** Monday to Friday from 8.30am to 5pm, except public holidays – their team will work with you to see what you need. If you are referred to receive services from a Head to Health Pop Up hub, you can choose from telehealth or COVID-safe face-to-face appointments.



THIS WAY UP ↑↑